WHAT IS CLAIMED IS:

- A system for dispensing hair foil sheets comprising:
 a pop up/out dispenser;
 interfolded sheets placed in said dispenser; and
 said interfolded sheets having a width ranging from about 3.5 to 6.0 inches.
- 2. The hair foil sheet of claim 1 wherein said sheet can be any color foil.
- 3. The hair foil sheet of claim 1 wherein said sheet comprises any and all types of alloy.
- 4. The hair foil sheet of claim 1 having a weight or gauge ranging from about 0.00035 to 0.001 inches in thickness.
- 5. The hair foil sheet of claim 1 wherein said weight or gauge ranges from about 0.005-0.007 inches in thickness.
- 6. The hair foil sheet of claim 1 wherein said sheet is embossed.
- 7. The hair foil sheet of claim 1 wherein said sheet is non-embossed.

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